

EMPLOYEE  
ASSISTANCE PROGRAM

SPECIAL  
POINTS OF  
INTEREST:

- Employee Annual ASAP Training: 11/6/12, 0830-1030, Bldg 573
- Supervisor Annual ASAP Training: 11/20/12, 0830-1030, Bldg 573
- 11/12/12- and 11/22-23/12 Holidays, ASAP is Closed
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

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# Ft Irwin EAP

VOLUME 1, ISSUE 13

NOVEMBER 2012

## What Does “A Day in the Life of Diabetes” Mean to You?

During American Diabetes Month® this November, the American Diabetes Association will launch a socially-focused initiative, “*A Day in the Life of Diabetes*”, to demonstrate the increasing impact diabetes has on families and communities nationwide. Using imagery, social engagement and a larger-than-life stage, light will be shown on the issue of diabetes and those who live with it each and every day. Successfully managing diabetes can be a herculean task, making what might seem like an otherwise ordinary life rather extraordinary. Starting on Oct. 1, 2012, we are asking the public to become part of the movement to Stop Diabetes® by sharing a personal image, via Facebook, representing what “*A Day in the Life of Diabetes*” means to them. This image can be a picture of themselves or someone they care about and will show how the disease impacts their daily life. To encourage individuals to

share photos of *A Day in the Life of Diabetes* on Facebook, CVS/pharmacy will donate \$1 to the American Diabetes Association for every photo/image uploaded, up to \$25,000.

Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion. Further published studies suggest that when additional costs for gestational diabetes, prediabetes and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.

Diabetes is a serious disease. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney

failure and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

American Diabetes Month is sponsored by CVS/pharmacy's ExtraCare Advantage® for Diabetes savings program exclusively for those living with diabetes and their caregivers.

Visit [CVS.com/diabetes](http://CVS.com/diabetes) to learn more. For more information in English and Spanish call 1-800-DIABETES or visit [stopdiabetes.com](http://stopdiabetes.com). Also, follow us on Facebook ([www.facebook.com/AmericanDiabetesAssociation](http://www.facebook.com/AmericanDiabetesAssociation)) and Twitter ([www.twitter.com/AmDiabetesAssn](http://www.twitter.com/AmDiabetesAssn)).

Taken from: [www.diabetes.org](http://www.diabetes.org)

## Don't Forget To “Fall Back”

Daylight Saving Time ends at 2 a.m. on Sunday, November 4, 2012 in the United States. It will resume in at 2 a.m. on Sunday, March 10, 2013. The phrase “Spring forward, Fall back” helps people remember how Daylight Saving Time affects their clocks. At 2 a.m. on the second Sunday in March, we set our clocks forward one hour ahead

of Standard Time (“Spring forward,” even though *Spring* doesn't begin until late March, over a week after the start of Daylight Saving Time). We “Fall back” at 2 a.m. on the first Sunday in November by setting our clock back one hour and thus returning to Standard Time.

Taken from: [geography.about.com](http://geography.about.com)



# Exercise at Work

It's hard to find time to exercise, especially for those of us who work in an office. Exercising at work may seem impossible, but it's one option for staying fit and keeping your energy up. It takes some creativity, but there are opportunities to exercise at work if you pay attention. All it takes is a little planning and some inspiration to squeeze in a little movement all day long.

## The Basics

You probably know a few tricks for staying active at work. Taking the stairs when you can, parking further

away from the door and walking around the office when you can are good places to start. Beyond that, there are a few other options to keep you moving:

- Sit on an exercise ball instead of a chair. This will strengthen your abs and back and you'll work on your posture without even trying. Set an alarm to go off every hour to remind you to stand up and move around. Even if you just swing your arms or take a deep breath, you'll feel more alert.
- Use the restroom on another floor and take the stairs
- Use a pedometer and keep track of how many steps you take. Aim for 6,000 to 10,000 steps a day.
- Leave something important in your car (your lunch, your briefcase, etc.) so you have to run out to get it (and take the stairs)
- Deliver documents or messages to co-workers in person rather than by email



# Exercise at Work

- Go to the mall for lunch and park on the opposite end of the food on the opposite end of the food court. Don't forget to buy something healthy.
- Get a headset for your phone so you can move around while you talk.
- Be creative. Any movement is better than none, so don't feel like you have to do sprints all day long. Adding short bouts of

exercise throughout the day will help you burn more calories and will also reduce stress so you can easily smile at your boss when she piles more work on you.

## Exercise Equipment

If you have your own office, consider keeping a resistance band, ankle weights and even a couple of sets of dumbbells in your desk drawer. You can squeeze in some quick upper

body exercises while you're on the phone. If you work in a cubicle or don't want people to see you exercising at your desk, all you really need is a chair and a couple of large, full water bottles you can use for any dumbbell exercise.

Taken from: [exercise.about.com](http://exercise.about.com)

# Veterans Day

Veterans Day is intended to honor and thank all military personnel who served in the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. Veterans Day is November 11th. Many businesses thank veterans by offering free or discounted services.

[www.military.com/veterans-day/veterans-day-discounts.html](http://www.military.com/veterans-day/veterans-day-discounts.html)  
November 1 - November 21 Knott's annual tribute to our Military, past and present, starts November 1st. FREE admission for Veterans or current serving military personnel and one guest with proper I.D. presented at turnstile. (DD214, Veterans Administration Hospital ID or Active Military

Service ID.) Plus purchase up to six additional tickets for just \$19 each!

Taken from: [Timeanddate.com](http://Timeanddate.com)

**"FREEDOM IS  
NEVER FREE" -  
UNKNOWN**

# Food Safety Tips for Thanksgiving

Enjoy your favorite Thanksgiving foods safely by following safe food handling and cooking practices.

Make sure to wash your hands thoroughly before preparing food, after handling any raw poultry or meat and before eating. Keep your food preparation surfaces and utensils clean and sanitized to reduce the risk of salmonella poisoning.

Use separate cutting boards - one for meat, poultry and fish and one for cooked foods, vegetables and fruits. Sanitize the cutting board after each use.

Wash all vegetables and fruits before you prepare them.

Thaw a frozen turkey safely in the refrigerator allowing 3-4 days for thawing or approximately one day for every five pounds. Another way to safely thaw a frozen turkey is submerging it in cold water. Replace the water every 30 minutes until the turkey is thawed. This method takes approximately 30 minutes for each pound the turkey weighs. The Food Safety website provides a useful turkey thawing chart and a turkey roasting chart.

Refrigerate a thawed, or fresh, turkey for no longer than two days before cooking. Immediately cook a small turkey that is defrosted in the microwave.

If you cook your stuffing inside the turkey, stuff it just before roasting.

Always use a meat thermometer to see if the turkey is completely cooked. The temperature needs to reach 180 degrees Fahrenheit when inserted in the thickest area of the thigh. Refrigerate all leftovers within two hours after cooking.

Leftovers should be eaten within three or four days. If you are going to freeze leftovers, do that right away, not after they have been refrigerated for several days.

Taken from: <http://safety.lovetoknow.com>

## This and That

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www.glasbergen.com



"I like to come in at 11:00 and leave after lunch. Surely a progressive company like yours supports flex time!"

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"You'll experience denial, anger, bargaining, depression, acceptance, and finally, stuffing."



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# The 10 Work Habits to Develop for Success

1. Take Initiative
2. Be Positive
3. Make Yourself Indispensable
4. Stay Organized
5. Give More than Expected
6. Get Along with Others
7. Keep Up with Technology
8. Accept Change
9. Keep People in the Loop
10. Be Widely Available

Taken from: [Mysuperchargedlife.com](http://Mysuperchargedlife.com)



## **Ft Irwin Employee Assistance Program (EAP)**

Building 573 Third Street  
Ft Irwin, CA 92310

Phone: 760.380.9092

Fax: 760.380.3403

Email: [valencia.r.barnes.civ@mail.mil](mailto:valencia.r.barnes.civ@mail.mil)

**Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being, such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members. EAP consultations can be done in the EAP's office or another private location of your choice.**

***EAP— promoting productive employees***

# Benefits of Relaxation

Relaxation is perhaps the single most important key to health and well-being. It is the antidote to stress which is known to contribute to the development of disease. When we relax, our body has an opportunity to unwind. The benefits of relaxation have been well researched and some of these are summarized below.

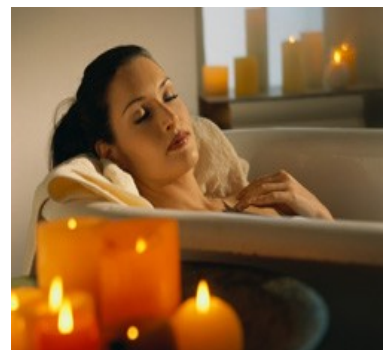
### **Relaxation**

- gives the heart a rest by slowing the heart rate
- reduces blood pressure
- slows the rate of breathing, which reduces the need for oxygen

- increases blood flow to the muscles
- decreases muscle tension

### **As a result of relaxation, many people experience**

- more energy
- better sleep
- enhanced immunity
- increased concentration
- better problem-solving abilities
- greater efficiency
- smoother emotions — less anger, crying, anxiety, frustration
- less headaches and pain.



***“Taking time out each day to relax and renew is essential to living well.”***

Judith Hanson Lasater

Taken from: [heartofhealing.net](http://heartofhealing.net)